

Mountaineer

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April 16, 2004

Sergeant Major of the Army visits Mountain Post to present award

by **Spc. Zach Mott**
Mountaineer staff

Sergeant Maj. of the Army Kenneth O. Preston visited the Mountain Post Saturday to present a Bronze Star to the Army Reserve's 113th Medical Company first sergeant.

1st Sgt. Michelle M. Fournier earned the award while supporting Operation Iraqi Freedom during the unit's recent deployment to the region. The 113th Med. Co. conducts missions to ensure Soldiers fighting the battles are mentally fit to sustain the constant pressures.

Preston presented the award, as he said, because of the support the 113th Med. Co. provided while he served as Combined Joint Task Force 7 and V Corps command sergeant major prior to becoming the 13th sergeant major of the Army.

"To all of the Soldiers, I had the chance to work with many of you, it was a great honor and privilege to serve with you," Preston said. "I hope 10 years from now, 20 years from now you'll look back at the past year and the service to the nation

and what you did for the Soldiers over there that you'll be very, very proud."

Also receiving a Bronze Star during the ceremony was Lt. Col. Irma H. Cooper, the commander for the 113th Med. Co. Her award was presented by Maj. Gen. Robert Ostenberg, the commander of the 63rd Regional Support Command, a Reserve unit based out of Los Alamitos, Calif.

"Leadership is key," he said. "We have two great leaders who were given awards today. This is one organization that leadership goes all the way through. You look down at the lowest ranking to the highest — they all can step up and take direction and are able to carry it out."

While in Iraq the 113th Med. Co. provided combat stress control prevention for the 1st Armored Division, 3rd Infantry Division, 4th Infantry Division, 2nd Armored Cavalry Regiment and 3rd Armored Cavalry Regiment as well as for elements of the XVIII Airborne Corps.

The 113th Med. Co. conducted both mobilization and demobilization procedures here.



Photo by Zach Mott

Sergeant Major of the Army Kenneth O. Preston pins a Bronze Star on 1st Sgt. Michelle M. Fournier, first sergeant of the Army Reserve's 113th Medical Company, at Fort Carson Saturday. Fournier earned the award while supporting Operation Iraqi Freedom.

Fort Carson's retention numbers solid

by **Pfc. Clint Stein**
Mountaineer staff

Fort Carson's retention numbers are solid, despite recent surveys that show concern the Army faces potential challenges in retaining Soldiers when time draws closer to their enlistment time stop date.

The average retention at Fort Carson was 118 percent of its mission, according to the 7th Infantry Division and Fort Carson re-enlistment statistics for the end of second quarter, fiscal 2004. Each of the three Soldier categories (initial term, mid-term and careerist), were above 100 percent of Fort Carson's mission

goal.

Sgt. Maj. George W. Stapleton, Jr., command career counselor at Fort Carson, believes the retention success at Fort Carson is the result of a caring command. "Gen. Wilson and Command Sgt. Maj. McWilliams are very proactive," said Stapleton, "they look at the azimuths and understand the importance of retention."

Although, this is Stapleton's first quarter as command career counselor at Fort Carson after serving in the 1st Armored Division in Iraq, he feels the command at Fort Carson is passionate about its

Soldiers.

"Retention is a good gauge of Soldiers' climate and welfare," said Stapleton, "and the command takes a good look at statistics and trends all the way down to the company levels."

This type of concern and loyalty toward Soldiers rubs off on the non-commissioned officers who become involved in retention as well, explained Stapleton.

When Soldiers walk into the re-enlistment office, they are usually concerned with what units are not deploying right away and which units they can get into accordingly, said

Stapleton. "We're honest with them, we tell them the truth, and most of them respect that."

This is a nation at war and deployments are to be expected for any units of the Army, Stapleton said. "Our Soldiers are smart; tell them the facts, and they'll step to the plate."

There are options for educational re-enlistments to help move Soldiers around in units in order for them to get out of the same routines they've become accustomed to, said Stapleton.

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Denver's Six Flags Elitch Gardens hosts military families for \$17 tickets Saturday at noon.

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Feature



'Eggsperience' attracts a large crowd of post families Saturday at youth center.

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What's new

The deadline for placing advertisements in the classifieds section of the *Mountaineer* has changed. Advertisements now must be received by 2 p.m. Monday to appear in that week's edition.

Post Weather hotline:
526-0096

Look out . . .

Rushed drivers endanger children

Commentary by Pfc. Stephen Kretsinger
Mountaineer staff

Like most lower-enlisted Soldiers, I pull change of quarters duty frequently. One of my responsibilities as a CQ runner is to perform crossing-guard duty in the morning and afternoon. My unit, in particular, pulls crossing guard duty by Gate 2 and Mountainside Elementary School. To my amazement, I found that, in their busy rush to work, some members of our community may have forgotten about the safety of our children.

Last week while on crossing-guard duty, I experienced the unthinkable. Several drivers either came to screeching halts just feet away from children crossing the street or ignored my stop sign completely. I have tried to put myself in the mind frame of someone who would show such disregard for a child's safety, but I have been unable.

In one instance, I was assisting two children on bikes cross the street when an individual driving a truck, while staring right at me and my bright red stop sign, came through the gate and did not stop until he was two feet away from the children. I was staring right into this person's eyes and holding my sign out as far as I could. I don't know if this person thought he could make it across the crosswalk before the children, or if he was not paying attention. With my bright orange vest and red stop sign, I find it hard to believe this person could not see me.

My CQ was pulling crossing-guard duty by the school. As she was walking with the children through the crosswalk, one driver was revving his engine and inching his car forward into the crosswalk. Is it too much to ask drivers to take two seconds out of their "busy" lives so that our children can be safe walking to and from school?

If the safety of our children does not concern these drivers, maybe knowledge of penalties that can be incurred if they are caught violating certain Army Regulations will. According to AR 190-5, which covers motor vehicle traffic supervision, failing to stop for a school bus or school-crossing signal will result in a traffic violation and can apply points to your driving record. This is in addition to any disciplinary action taken by the commander or another authorized individual. The driver may be required to take remedial drivers training and even after completing this course, may still have his license suspended or revoked, depending on how many violations he is found to have committed.

Oftentimes when drivers are pulled over, they can be cited for several violations, such as driving without a seat belt, speeding, reckless driving and a plethora of other violations. Six points in less than six months can result in remedial drivers training and not stopping for a school crossing guard is four points.

These are small penalties in comparison to the

consequences that would occur if a driver actually hit a child that was crossing the street. A manslaughter charge could be a detriment to any military career, but the guilt of killing a 5- to 12-year old child because one person couldn't take the time to allow that child to cross the street safely — that could destroy a person's life.

And what about that child's family? Will the fact that the driver who killed their child served a few years in prison let them forget their child was taken from them? Will a fine paid by a person who recklessly took a child's life replace the future their child will never have? Was the time saved by speeding through a crosswalk worth the cost of destroying another family?

Maybe Soldiers on crossing-guard duty should start taking down license plate numbers of the violators of these senseless crimes and start giving them to the military police on post. If enough violations are reported and the MPs start catching these drivers, that could be a start in making our children's walk to school safer.

Should we even need to take down license plate numbers? Shouldn't the sight of innocent children crossing the street be enough to make drivers stop? Next time people think they could safely speed through a crosswalk that has children walking in it, maybe first they should wonder if those two extra seconds saved are worth the price the whole community may have to pay.

'Courage' Carson's word of the month for April

Commentary by Sgt. 1st Class Emily
Kent

Equal Opportunity Advisor
7th Infantry Division

Courage is defined as the quality of being brave or of having valor. True courage is facing danger, confronting a fear, solving a problem or realizing a dream, not for glory, but out of the caring for one's fellow human beings. Courage has been displayed valiantly in our country's past by men and women who helped make a change. Our military servicemembers and their families are displaying courage presently, and it will continue to be important to our country's future prosperity. Our country will always need heroes.

Courage has many faces but one

of the more notable is Dr. Martin Luther King Jr. who had the personal courage to stand up for what he felt was right. It took courage for him to stand up and fight for freedom and equality for all people. He died dreaming and fighting for a better way of life for all.

Courage was displayed on Sept. 11 when our firefighters bravely ran into the burning World Trade Center towers to try to save the people inside. These people didn't think twice about putting their lives in peril; their only thoughts were on their mission. Many of the brave firefighters perished doing what they were trained to do ... saving lives. The men and women aboard the plane that crashed in Pennsylvania also showed true courage. Rather than

allow the plane to hit its target and kill more people, they decided to make a final stand. This last stand cost them their lives but saved countless others on the ground. They showed true courage by sacrificing themselves to save their fellow countrymen.

Courage is displayed all around us today. It's displayed overseas by our military men and women who have, and will relentlessly continue, to honorably and without question put their lives on the line for the betterment of another country regardless of the dangers they face. These Soldiers are doing what they were trained to do, and that's to protect our country at all costs. The family members who watched as their spouses, sons, daughters, brothers or sisters boarded a

plane to a foreign country also show courage daily. They are the ones who stayed behind to take care of the everyday things that help keep the homes running smoothly and the minds of our Soldiers focused. They are the one's who must keep a chin up when they watch the news every day wondering if their loved one will return. True courage comes from within and is displayed by many.

Courage is a necessity in order to keep our country whole and free. It will continue to be an important aspect of our way of life. Our country needs true heroes who, when confronted by their act of courage, simply smile and state, "I was just doing my job" or "I just did what I thought was right."

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-1, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

Commanding General:

Maj. Gen. Robert Wilson

Public Affairs Officer:

Jt. Col. Thomas Budzyna

Public Affairs NCOIC:

Sgt. 1st Class Dee McNutt

Chief, Command Communications:

Douglas M. Rule

Editor:

Spc. Jon Wiley

Staff Writers:

Spc. Zach Mott

Pfc. Stephen Kretsinger

Pfc. Clint Stein

Happenings:

Neil Lampe

Sports Writer:

Walt Johnson

Layout/Graphics:

Justin Pospisil-Marciano

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News

Negative media reports on Iraq not showing whole picture troops say

by Kent Harris
Army News Service

BAGHDAD — The news reports are grim.

Eight U.S. Soldiers died in the worst fighting in Baghdad since the coalition took control. Twelve Marines fall in a day near Ramadi. Anti-coalition forces take control of southern cities. Japanese citizens are held hostage.

There is also an endless series of questions without easy answers: Is the American-led coalition making progress winning the hearts and minds of Iraqis? Have the last 10 days wiped out months of hard work? Will U.S. troops be mired in the sands of Iraq for years to come?

Not a sunny picture from Iraq. But according to those on the ground, it is not all gloomy either.

Many troops in Iraq say media reports coming out of the country — and arriving on the television sets or doorsteps of their families' homes in the States — aren't capturing the whole picture. Some days in Iraq are much better than stories typically

portray.

"You can't judge 15 million people by the actions of 10,000," said Spc. Brent Brendel, a member of the 1st Armored Division's 1st Brigade from Friedberg, Germany.

"I see the news media doing that a lot. That the Iraqis don't want us here. And that's just not the case."

Sometimes it seems that way, though. Just ask some of those who spent time in Sadr City, a poor, Shiite-dominated section of Baghdad, last week. Hundreds of U.S. troops faced hundreds of supporters of Muqtada al-Sadr, a Shiite cleric whom a coalition spokesman recently called "a two-bit thug."

On Saturday, many of those troops mourned the loss of comrades killed in that fighting. Five of the eight soldiers killed were under the command of Lt. Col. Gary Volesky of the 1st Cavalry Division's 2nd Battalion, 5th Cavalry Regiment.

He said up until last Sunday, smiling people

would line the street in the sprawling neighborhood, saying " 'Good, good mister' to us as we go by."

That night, automatic weapons fire and rocket-propelled grenades replaced the smiles. The next night, troops across the sector endured sometimes heavy attacks while guarding police stations.

Staff Sgt. Steve Rutkowski, a Pennsylvania National Guardsman who endured an onslaught Monday night at one of the stations with only a dozen comrades, said the most mystifying part of the experience was the Iraqi reaction the next morning.

"They just came out and went about their business like nothing had happened," he said two days later from the station rooftop, shaking his head.

A few miles away all was quiet. Too quiet for some.

All shopkeepers questioned reported a drop in business near the Green Zone, the heavily guarded

Iraq

From Page 3

area of closed-off streets in central Baghdad where U.S. authorities live and work.

Traffic, often chaotic and congested throughout the city, was only chaotic. A series of cultural anniversaries, religious holidays and strikes could be blamed for some of that. But shopkeepers said the violence, or at least a perception of it, clearly had a role.

Wassif Michael, who runs a small grocery store on a busy street bordering the Green Zone, said several of his neighbors have moved out of Baghdad.

"Yes, I've thought about it," he said. But he has three families that rely on the income the small shop generates. So he stayed.

So has neighbor Abu Saif, who runs a shop that sells seeds, nuts and other sundries.

"I have to be open whether there is business or not," he said through an interpreter. "My living is from this shop."

A few blocks away, an employee of a local film laboratory — who didn't want to be identified — said closing would send the wrong message. He

said that would give those prone to violence the impression that their tactics work.

The shop is one of a dozen similar businesses on Tahrir Square, a large circle that's often snarled with cars and seemingly overwhelmed traffic policemen. It's also a crossing point for protesters heading across the bridge to the Green Zone or down the street to Fardus Square — the place where a statue of Saddam Hussein was pulled down by Marines during the fall of Baghdad.

A year later, Soldiers were taking down pictures of al-Sadr that supporters had put up on a more politically correct statue. Troops spent the next three days blocking off roads to make sure protests thought to have the potential of violence wouldn't happen.

Volesky said the military walks a fine line when it comes to dealing with the population it's supposed to be protecting. He said Soldiers have to put aside their feelings, including grief at the loss of friends and comrades, and do what they came to do.

"We rolled tanks and Bradleys (into Sadr City)," he said. "That's just what Saddam did. We've got to reach out and put our arms around them now and say, 'We didn't start this.'"

1st Lt. Ray Spicer is the executive officer for the 2nd Battalion's Company C, which lost one Soldier in the Sadr City fighting.

He said he left the fight with a new sense of pride in his fellow Soldiers and the mission they're performing.

"There wasn't a single person in this task force that didn't want to personally go out there and get those guys out (of the ambushes)," he said.

The mission, he said, goes on.

"We came here for the Iraqi people. They're why we're here."

It's impossible to ignore recent events, though.

"Things have changed from a week ago," he said.

How?

He paused before answering.

"It's just more serious."

At the same time, 1st Sgt. Rick Stuckey — whose Company A lost four soldiers — said it has to be business as usual.

"It doesn't change anything," he said of the way his Soldiers will operate. "You've always got to stay focused on the task you've got at hand. We're down right now, but we're going to focus on why we're here."

Military

Retention

From Page 1

Officials also expect transformation efforts as well, which include force stabilization plans to help convince Soldiers to stay in the Army. This plan should reduce the amount of moving Soldiers and their families go through and provide better predictability for deployments.

"A Soldier's number one asset is his family, and he wants to make sure his family is taken care of when he is not there," Stapleton said. "The Soldiers here have a feeling that the command cares about them and their families."

Like Fort Carson, every Army installation has family readiness centers that operate through Army Community Service centers, and the National Guard has 387 such centers throughout the country as well.

Spouses also stay connected and get help through family readiness groups. These are family members donating much of their time for one another to support a network as a way to get information quickly.

Army One Source is another service, not only for Soldiers, but for family members and deployed civilians to use as well. The toll-free line connects the caller with live consultants who hold master's degrees in social work or psychology and are available to help with many issues like parenting, child-care, education, legal and many others. The



number is (800) 464-8107.

Another source contributing to the successful retention rates at Fort Carson is the Colorado

Spring community, said Stapleton. "This is a very patriotic city," Stapleton added, "People here are extremely supportive of the military."

Soldiers seem to love Colorado Springs in return. "Many of the Soldiers feel rewarded by civilians telling them thanks for their service," Stapleton said, "One Soldier in uniform had his lunch paid for by an anonymous patron in a local restaurant."

Although incentives, support groups and the community are all contributing factors in Fort Carson's retention, the biggest reason for success is the passion Soldiers have for their country and comrades, said Stapleton.

Many times Soldiers take long 30-day leaves and start thinking about work and their friends after the first two weeks. "After spending time in a foxhole next to someone who's looking out for you, you develop a brotherhood that can't be described."

"Most of the time young initial-term Soldiers consider their jobs in the Army as just that, a job," Stapleton said. That may be how things start out for young Soldiers, but after awhile they start to change and evolve into professionals, Stapleton added.

Then, as the passion for the job grows and the camaraderie between Soldiers increase, Soldiers become more dedicated to the Army, explained Stapleton. "Passion leads to success and what you end up with is a dedicated, Army careerist."

Military Briefs

Misc.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutant-general> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Warrant officer slots open — The Army is looking for highly motivated Soldiers to fill its warrant officer positions, open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.



"Better Opportunities for Single Soldiers"

The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays 1:30 p.m. and Thursdays 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter-proliferation. Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

NCOA Job Fair

Are you looking for the perfect job? Do you want to meet recruiters for local and national companies? The United Associations Group will be sponsoring a "Today's NCOA Job Fair" at the Elkhorn Conference Center Wednesday 10 a.m. to 2 p.m. The event is open to all military, veterans, civilians and their family members. NCOA membership is not required. Attendees are encouraged to bring several copies of their resumes. For more information, check out the on-line job board at www.ncoavea.org, call (800) 622-2620 ext. 222.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial-parital issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays,

Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays. Call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays.

For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m. Call 526-1002 or 526-0640 to schedule a briefing.

Are you ETSing? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

The Mountain Post Training and Education Center's hours for certain programs and services will change Monday.

Hours are:

eArmyU Testing center, Monday through Thursday, 7 a.m. to 4:30 p.m.

Army Learning Center and basic skills classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

Claims Division hours — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Dining Schedule

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

April 16 to April 23

Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

Deployment money gone? You can still save

Courtesy of Army Community Service Financial Readiness Program

If your deployment ended, so have your deployment dollars. If you saved all of the extra money earned to date, you would have an emergency fund containing at least \$6,900, not including interest or the tax savings you enjoyed during deployment. The extra money could have been used to pay off high interest debt, student loans or to start an individual retirement account, just to name a few.

What should you do if you have not saved your deployment dollars? Well, all is not lost. It is never too late to start saving and building a cash reserve.

Here are some tips that will not only encourage you to save, but will make saving simple:

- Pay yourself every payday. Create space in your budget to save. Decide what you want to make room for. Find ways to cut expenses. For instance, if you have a passion for movie rentals, make a concerted effort to reduce your video obsession. The savings can be used to start a savings account. Find out where your money is going every month. One of the easiest ways to do this is to track your expenses. In the beginning, this process may seem time consuming, but it is not difficult.
- Create a rainy day account; discipline yourself to consistently save, and leave it alone. Funneling money into a savings account is like going to the dentist. You know you should do it, but you would rather put it off until next month.

Most people realize the importance of keeping an emergency fund, but most do not have one. Most people are still living paycheck to paycheck. Your emergency fund should consist of three to six months of living

expenses and a contingency fund that can support you for up to two years if you should lose your job. The emergency fund should be kept in cash, but the contingency fund can be invested in short-term government bonds or other instruments that are considerably less risky than the stock market. Treat your emergency fund as a bill. Pay your account every month or every two weeks. As your emergency funds grow, consider keeping it in a money market account or fund until you have about two months of living expenses, and then move one month of expenses to a one-month CD. When the CD matures, roll the principal and interests into another one-month CD.

Saving money takes discipline, but it becomes easier over time. The peace of mind that comes from knowing you have financial resources for tough times can be worth the sacrifices you make now.

Here are 15 simple ways to squeeze your budget:

- Focus on your spending. Create a budget and track your spending. After seeing where your money goes, it is much easier to decide where you can cut.
- Treat savings like a bill. Consider your monthly savings amount as a bill that has to be paid. Have this amount transferred automatically from your checking account or paycheck. Pay your account every month or every two weeks.
- Think small. Many people do not think their budget allows room to save, but even a small amount adds up over time. Depending on the size of your family, skipping a meal out each week could result in a \$160 per month savings deposit. That is \$1,920 a year after taxes. Take a good look at your spending habits, and you probably can find \$150 or so each month in extras that you

could do without to build up your savings.

- Save your raise. As a servicemember or government employee, you can usually count on a raise every year. Why not save the equivalent of your raise? Take your income tax return and turn it into a saving for your family. If you are promoted, save the amount of your promotion. If you are not used to the money, you will not miss it.

- Continue paying. When you pay off a car or other loan, consider making half the payment to yourself and put it into your emergency fund.

- Turn off the television. Do not listen to the advertisements. "Zero-percent interest — buy this now!" Ignore sale fliers or mail order catalogues.

- Think before you charge. Unless you are in the habit of paying your credit card debt in full each month, do not use the cards for anything you can eat or wear.

- Consider a refinance. Interest rates are exceptionally low. Consider refinancing your mortgage and your car loan.

- Alternate your commute. If you live in an area that has good public transportation, see if you can get around without a car.

- Conserve energy. Do an energy check on your house. Replace cracked storm windows and renew the weather stripping.

- Read not, waste not. Do not renew subscriptions to magazines or newspapers you are not reading.

- Java-jolt savings. If you stop for coffee each morning, make coffee at home instead.

- Participate in Thrift Savings Plan, 401(k) or 403(b).

Army seeks in-state tuition rates for family members in all state colleges

by Nancy Montville

Army Family Advocacy Program Manager

Fort Carson participated in the U.S. Forces Command Army Family Action Plan Conference March 8 to 12 in Atlanta. The participants of the conference ranked "in-state college tuition" as the fourth most important active issue being processed by the General Officers' Steering Committee.

The scope of this issue states the mobility of the military community, coupled with the state-specific criteria for determining eligibility for in-state tuition, often prevent military family members from continuing their higher education.

The Army is committed to ensuring Soldiers and family members are afforded educational opportunity equal to the general citizenry. Denying in-state tuition or the continuation of in-state tuition may cause financial hardships and can often prevent continuation of education.

The Army supports state implementation of favorable in-state policies for tuition rates for Soldiers and families. A project was initiated at the July 2002 Army Education Summit to research present policies, identify the Army's objective and prepare an action plan for implementing the policy in each state.

The Department of the Army Conference workgroup recommended the following:

1. Waive out-of-state tuition for military mem-

bers who are residing in that state on military orders for the last and current duty station.

2. Retain in-state status once established.

Fort Carson submitted a similar issue to the FORSCOM AFAP Conference entitled "Affordable College Options."

The scope of the local issue stated that "family members of active duty military have limited, if any, choice of where to attend an affordable state college or university due to their duty station location.

This causes financial difficulties for servicemembers who desire their family members attend the state college or university of their choice and are forced to pay out-of-state tuition. This also affects servicemembers and families at installations Outside the Continental United States by giving them no in-state college tuition options."

The Fort Carson workgroup made the following recommendation: grant in-state residency, for tuition purposes, for active duty servicemembers and families to the state college or university of their choice, regardless of sponsor's duty station.

Anita Bender of the Fort Carson Education Center provided the further information about this

issue.

According to Bender, Each state has the authority to determine laws governing in-state residency for tuition purposes and therefore, the issue cannot be resolved by the Department of Army.

Bender added that the Department of the Army is currently working on an initiative to request all

state legislatures to establish or amend state laws to allow family members continued eligibility for resident tuition rates once the family member has begun higher education and after the military sponsor has made a permanent change of station move to another state or country.

The Colorado Legislature is currently acting upon this legislative action.

For more in-depth information on state point of contacts, frequent-

ly asked questions, and state policy you can visit <https://www.armyeducation.army.mil/Instate/index.HTM>. For additional information on the AFAP process and issue status, please visit the AFAP Web-site at www.goacs.army.mil and click on AFAP. You can also contact Nancy A. Montville at Army Community Service, 526-4590 or at Nancy.Montville@carson.army.mil.



Post housing to be under new management

by Dianne Borges
GMH Military Housing

Starting Monday, a new company will manage Fort Carson's on-post military housing.

The new owner of Fort Carson Family Housing, GMH Military Housing, LLC, will assume the maintenance and renovation services of Fort Carson Family Housing from J.A. Jones Services Group because of the bankruptcy of J.A. Jones.

The transition will be seamless and family housing residents should not see any change in personnel and services.

GMH Military Housing is committed to long-term solutions of maintenance problems at Fort Carson.

GMH Military Housing strives to foster pride of ownership in homes and the neighborhood by effectively maintaining physical appearance, cleanliness and state of repair for properties and surrounding landscapes.

Bruce Robinson, president of GMH Military Housing, said "the maintenance staff was nationally recognized last year for their excellent response times, quality of service and commitment to the customer — we are

happy to be able to add such an outstanding team to the GMH Military Housing family."

Tom Brockway will continue as the project director for Fort Carson Family Housing, a position held with J.A. Jones since September 2002.

"We are focused on delivering quality homes and services to our soldiers and their families. Our immediate goal is to make a transition that is immediate and obvious to our residents. Our long-term goal is to continue to earn our residents' trust and loyalty to GMH Military Housing and to make the communities at Fort Carson the best they can be. We want living at Fort Carson to be a place where families are safe, comfortable and proud to live in," said Brockway.

GMH Military Housing is not a newcomer to the privatized military housing industry. The company currently provides similar services at Fort Stewart/Hunter Army Airfield, Ga. Ten other Defense Department sites will be provided with services as well in 2004 and 2005.

Shortly, the new Fort Carson Family Housing logo will replace the familiar J.A. Jones horse head



Photo by Pfc. Stephen Kretsinger

Fort Carson Family Housing like this will be managed by GMH Military Housing, LLC beginning Monday.

on the housing maintenance trucks, uniforms and buildings.

Family Housing residents should continue to call in work orders as usual to the same work order desk number at 579-1605 and to direct any questions about the transition to Brockway at 579-1044.

Savings

From Page 7

If your employer does not offer these plans, then you could start saving in a tax advantaged IRA or Roth IRA account.

- Involve the whole family. Even the youngest child can contribute change to the savings goal. It is easier for children to get involved if they understand why they must give up pizza night (or at least cut down on the number of toppings). In addition, you are setting a good financial example for your children.

- Plan a treat for you, your family or both when you reach your emergency savings goal. Make it something everyone will look forward to, but not something very expensive, like a day at the zoo. The important thing is to mark the occasion and congratulate yourself and those who helped.

Before you begin on your savings journey, it is important to know which vehicle will allow you to attain your savings goal in the most efficient manner.

Here are some of the options available when you want to invest your cash but still keep it liquid:

- Bond — a debt security. When you buy a bond, you are lending money to the corporation, government or entity that issues the bond. In return for loaning the issuer money, you get a specified interest rate, which, depending on the type of bond, is paid either at specific periods during the life of the bond or when the bond matures. The principal is repaid at

maturity.

- Certificate of deposit — a special type of deposit account that pays a higher rate of interest than a regular savings account. Typically, you invest a fixed amount of money for a specific amount of time and receive a fixed amount of interest in return. CDs are covered by federal deposit insurance (from the FDIC) up to \$100,00.

- Brokered-CDs — sold through brokerage firms. These CDs offer a higher interest than those issued by banks but the CD may be callable, which makes it a riskier investment. Although these CDs are sold through brokerages, banks issue them. It is important to identify the issuing bank because federal deposit insurance is limited to a total of \$100,00 for each depositor in each bank or thrift.

- Callable — some long term. High-yield CDs have a callable feature, which means the bank that issues the CD has a right to terminate, or call, the CD after a set period of time-usually one year. You, the investor, do not have the same right. Banks will often call CDs when interest rates fall because the bank wants to reissue that CD at a lower interest rate.

- Jumbo — generally, any CD that sells for \$50,000 or more.

- Laddering — a method of investing in CDs that compensates for varying interest rates.

- No penalty — some financial institutions offer CDs that allow you to cash-in the CD before its maturity date, without penalty, as long as the CD is held for

a required period-sometimes just seven days. This allows customers to take advantage of newly- offered CDs that have higher interest rates.

- Variable rate — a flexible rate CD that often allows you to make additional deposits and sometimes a limited number of withdrawals during the term of the CD.

- Checking account — an account that allows the depositor to withdraw funds at any time by writing a check, a document that instructs the bank to pay money from the writers account.

- Interest-bearing — negotiable order of withdrawal. Essentially, an interest-bearing checking account.

- Christmas Club — designed to let you set aside money for holidays or any special savings goal. There is a penalty for early withdrawals.

- Money market fund — a mutual fund that invests in high-quality short-term corporate and government debt securities. These funds earn a variable interest rate that is often comparable to the interest earned on CDs. You may withdraw money at any time without penalty.

The FDIC does not insure your principal and earnings in a money market fund, but losing principal in a money market fund is almost unheard of.

- Money market account — a higher interest rate account than a standard savings account, usually requires a minimum balance, limits check writing and often charges a monthly service fee if the minimum balanced is not maintained. The

FDIC insures these accounts.

- Passbook savings account — an interest-bearing savings account where the saver records transactions in a small book.

- Share account — the credit union's version of a savings account.

- Share account certificates — the credit unions' version of a CD.

- Share draft checking account — the credit union's version of a checking account.

- Statement savings account — An interest-bearing account where monthly or quarterly statements, reflecting transactions, are sent to the saver.

- Premium savings account — may have tiered interest rates tied to higher balances.

- Student/seniors accounts — special checking accounts for people under 18 years of age and, usually, over 60 or 65 years of age. These accounts often require low, or now minimum balance.

Make a budget counseling or debt management appointment with your Army Community Service Financial Readiness Program. Meet with one of our financial counselor professionals and receive many tools that will help you save.

Army Community Service is located in building 1526 at 6303 Wetzel Ave. Appointments may be scheduled by calling 526-4590. Visit the ACS Web site for upcoming programs/classes and ACS special events at www.carson.army.mil and click on Army Community Service.

Community

Car buyers warned . . .

Auto scams cause headaches

by Capt. Joe Strawn
Office of the Staff Judge Advocate
Legal Assistance Division

Purchasing a vehicle can be a difficult and daunting task. Unfortunately, it is often made more difficult by dealers who are willing to take advantage of consumers. Unscrupulous dealerships often see Soldiers as easy targets and are eager to overcharge them using a variety of scams.

Listed below are a few of the common techniques that dealerships use to swindle consumers and what you can do to avoid them:

The yo-yo

In the classic yo-yo sale, you sign a credit contract, get a temporary registration, temporary license plates and think the transaction is properly complete. You are waiting only for the permanent Department of Motor Vehicle documents and anticipate making payments pursuant to the schedule on the credit contract. The dealer does not notify the DMV and instead tells you (after you've had the vehicle for a few weeks and a few hundred miles) that you didn't qualify for the interest rate you were originally quoted. As a result, your only option is to suffer the embarrassment of returning the vehicle and pay an overpriced fee for the miles you've already driven or to agree to financing at a much higher annual percentage rate. Sometimes you can end up with a higher annual percentage rate and a much lower quality vehicle.

You can protect yourself from the yo-yo scam by carefully reading all terms of the sales contract to determine if the sale is final or still "subject to

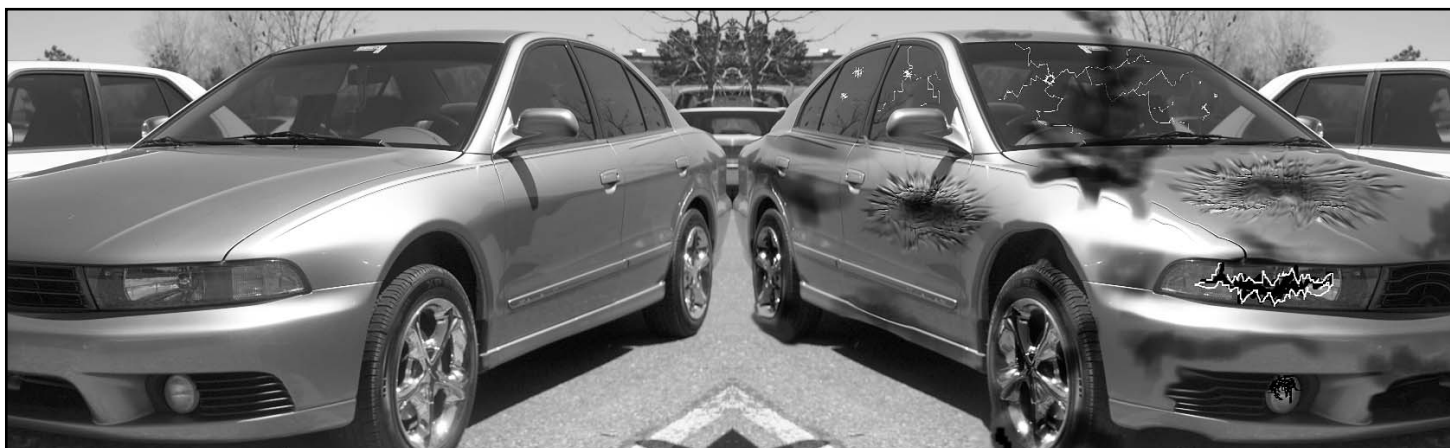


Photo illustration by Justin Pospisil-Marciano

Buyer beware! Sometimes the deal you think you're getting from an auto dealer isn't what it appears to be.

financing." You can also avoid this problem entirely by obtaining financing from someplace other than the dealership. Talk to a bank or other lending institution prior to going to a dealership and find out exactly what kind of loan terms you are eligible for.

The bait-and-switch

The bait-and-switch is similar to the yo-yo scam described above. After the deal is struck, the dealer reveals that more money is actually needed to complete the transaction. The dealer could suddenly realize the trade-in was overvalued and he needs more money. Often the dealer will tell you that you must buy a \$2,000 extended warranty "because the bank requires it or you won't get the loan." Common sense defeats this scam. If a lender is worried about your ability to pay back a loan on a \$25,000 vehicle, why would the lender want you to add another \$2,000 to qualify? If you don't make your payments, the lender can simply repossess the vehicle. This additional \$2,000 goes in the pocket of the dealership.

You can avoid this scam by having all new sales terms put in writing with an explanation of why they are needed so you can take it to the Fort Carson Legal Assistance Office for review.

The "lower" APR scam

Under this scam, the dealership calls you after you've driven your vehicle for a few weeks with the great news that they can get you a better loan and lower your monthly payments. What they are actually doing is refinancing your loan with a higher APR and hiding it by extending the loan over a longer period. While your monthly payments go down, you pay a lot more for the vehicle in the long run. In fact, most lenders require higher APRs the longer the loan goes.

You can avoid this scam by simply telling the dealer you're not interested. If you want to lower your monthly payments, refinance the loan on your own.

If you are lucky, you won't see these scams, but you may see a few. If you have bad credit, you're likely to see more of them. People with bad credit

are easy prey and should avoid financing through a dealership. Some of the worst scams occur in the finance office, after you think the transaction is complete and let your guard down.

The best ways to avoid these and any other scams is to obtain financing before you go to the car lot. In addition, take all contracts and financing agreements to the Legal Assistance Office for review before you sign them. Red flags should go up in your mind if a dealership tells you that you can't take a contract out of the office without signing it.

While buying a vehicle can be challenging, you don't have to be a victim of consumer swindling. Taking some of the simple steps stated above will protect your pocket book and make you a smarter consumer.

If you have questions about buying a car or need a purchase or financing contract reviewed, call the Fort Carson Legal Assistance Office at 526-5572, 526-5573. Office hours are Monday through Thursday 9 a.m. to 4 p.m..

Crime Victims' Rights Week begins

by Christa Thompson
Victim/Witness Liaison
Office of the Staff Judge Advocate

"But I'll never be a victim of crime! Crime is something that happens to someone else. Crime is certainly a societal problem, but not one that affects me personally."

If these statements were only true. The reality is that most people in America will be a victim or witness to a crime in their lifetime. The threat and impact of terrorism have had a profound affect on Americans' feelings of safety and security. The reality and threat of being a victim of violence is, indeed, personal.

April 18 to 24 marks the 24th commemoration of National Crime Victims' Rights Week. For seven days, victim service providers, justice professionals, and others seek to promote greater public awareness about a serious problem that

affects our nation and its people 365 days a year. For one week, we share the opportunity to have a serious national dialogue about victims of crime and the impact on us as individuals, communities and a nation as a whole.

The economic impact of crime in America is devastating in itself, resulting in significant damage to victims' abilities to focus, function and work. The psychological impact may be more difficult to measure but is no less devastating. Many victims never report crime because of trauma and fear. For those who do report crimes, we have much work to do to validate the harm they have endured, their voices and concerns and their statutory rights as victims. The physical impact results in people whose lives are irrevocably changed — the robbery victim who is left a paraplegic, the family whose breadwinner is murdered, the battered woman who hides her bruises in hopes of

hiding her chronic suffering and the child abuse victims who listen closely to the threats of their abusers and never disclose their victimization.

Victims and survivors of crime have simple, basic needs. They need to feel safe in reporting the crimes committed against them. They need consistent implementation of their core rights to information and notification, protection, participation and restitution. And they need to be assured that they are not responsible for what happened, and the persons who hurt them will be held accountable and brought to justice.

When we take time to identify and meet the needs of victims and survivors of crime, we commit to our shared values for justice in America:

- When you value our right to live in peace in our home, neighborhoods and communities, you

Victims

From Page 13

value victims' rights and services.

- When you value our children and their hopes for a life of opportunity that is free from violence, you value victims' rights and services.

- When you value justice for all people who live in America, you value victims' rights and services.

The Staff Judge Advocate's offices at Fort Carson and throughout the Army have a program to assist victims of offenses and witnesses to the offenses committed by military members that violate the Uniform Code of Military Justice.

For purposes of this program, a victim is a person who has suffered physical, emotional or financial harm as a result of a crime committed under the UCMJ that will be prosecuted by Fort Carson.

A witness is a person who provides information or evidence to the military about a crime within the military's investigative jurisdiction. The term "witness" does not include a defense witness or any individual involved in the crime as a perpetrator or an accomplice.

The purpose of the program is to help minimize the physical, psychological and financial hardships suffered by victims and witnesses of offenses investigated by Department of the Army authorities. The program is also designed to foster the full cooperation of victims and witnesses within the military criminal justice system.

At Fort Carson, the office responsible for helping victims and witnesses in this program is the Victim/Witness Liaison office, which is part of the Office of the Staff Judge Advocate in building 6285.

The Victim/Witness Liaison helps victims obtain financial, legal and other services, as appropriate, by providing information about these services to victims. Some of the programs that provide services to victims include: Army Community Service, Army Emergency Relief, social work services, legal assistance, American Red Cross and chaplain services.

In cases where military social services are unavailable, the liaison provides assistance in finding any available nonmilitary services within the civilian community.

The Victim/Witness Liaison also advises victims and witnesses of the stages in the military criminal justice system, as well as the role that victims and witnesses can be expected to play in the process. Additionally, the liaison advises witnesses and victims of the status of any significant events in the case in which they are involved.

Fort Carson will join local law enforcement agencies to honor victims of crime and to recognize victims' rights week at the Citadel Mall, in the food court area, April 21 from noon to 5 p.m.

For more information concerning the Victim/Witness program on Fort Carson, contact Christa Thompson, Victim/Witness Liaison, at 526-1383, Office of the Staff Judge Advocate, Criminal Law Division, building 6285.



Photo by Spc. Jon Wiley

Mountain Post residents need to be aware of the rights they have as both a victim and witness. The Victim/Witness Liason Office is available to help.

Miscellaneous

Better Breathers — Better Breathers is an educational and support group for active duty and retired servicemembers and family members to learn about their lung condition and how to live with it. The group meets on the second Thursday of every month at Evans Army Community Hospital. This is a self-referral program and no appointment is needed; just let us know you are interested. We will add your name to our call roster and call you to remind you of the meeting three to five days in advance. Family members are encouraged to attend with the patient.

Topics are member requested as well as timely medical information. Individual assistance is also available on request. If you have any questions, please call Sue Prieve, at 524-4043.

40 Days of Purpose Campaign — The Protestant Service at Soldiers' Memorial Chapel will host a spiritual campaign April 24 to June 6. Chap. (Maj.) Scott Kennedy, the senior pastor, is the campaign director. Have you ever asked yourself, "What on Earth am I here for?" During the 40 Days of Purpose Campaign, chaplains will attempt to answer that universal question by exploring these five central purposes: worship, discipleship, ministry, fellowship and evangelism.

Come join the excitement Sundays at 11 a.m. at Soldiers' Memorial Chapel. For more information, call Kennedy at 526-8011.

Tax season — The Fort Carson Tax Center is still open. It is located in building 6264, on Woodfill Road, across from the Colorado Inn and the Elkhorn Conference Center.

Free tax services are available for active duty servicemembers and their family members; mobilized reservists and their family members; servicemembers receiving either retirement or disability pay and their family members; and surviving family members of active-duty, mobilized reservists and retired servicemembers.

The Fort Carson Tax Center will electronically file your return and have federal and state tax forms available until May 15.

In order for your tax return to be completed, you will need to bring all W-2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse and all relevant financial information.

Pharmacy Hours Change — Effective May 7, the Evans Army Community Hospital Outpatient Pharmacy, located in building 7500, will close at 5 p.m. Fridays.

Leave Donation Request — Ronald Casados, Department of Defense civilian who works at Fort Carson, is ill and on sick leave. He is out of leave and would greatly appreciate a donation of leave from those moved to do so. For more information on donating leave, contact Tilicia Rose at 526-1841.

Chapel musician wanted — The Peterson Air Force Base is looking for two non-personal services agreement positions for musicians. The musician positions are for contemporary/inspirational service praise team leader and contemporary/inspirational service pianist. Both positions require knowledge of a wide variety of contemporary Christian music and ability to work with other instrumentalists and vocalists. Specific statements of work are available at the base chapel. Bids for these positions will be accepted until April 23 at 4:30 p.m. Interested individuals may contact Chaplain (Maj.) Bruce Glover at 556-4442 for more information.

Yard Sale — The annual Fort Carson Mayor's yard sales began April 2. Yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, May 1 and 15, June 5 and 9, July 3 and 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and

20 and Dec. 4 and 18.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Each resident is responsible for conducting their own yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082 or 526-1049.

Bowling for Children — The Big Brothers and Big Sisters Pikes Peak is hosting its 22nd Annual Bowl for Kids Sake event May 1 at the Peak Bowling Center. This is an opportunity to have fun with friends, while supporting a very worthwhile and highly respected organization. Bowlers will be organized into teams of four, and each bowler is expected to collect a minimum of \$75 in pledges.


Each bowler will receive a free T-shirt, Old Chicago Pizza and a soft drink. The bowler who collects the most money will win a round-trip ticket for two to anywhere in the continental United States. For more information, contact 633-2443 Ext. 201.

Bike Rally — There will be a pace-and-race bike rally at Ironhorse Park May 1. All Fort Carson military, retirees and civilians are welcome. Registration starts at 8 a.m. An adult six-kilometer race (18-years and older) starts at 10 a.m., a family members and friends leisure six-kilometer ride starts at 10:30 a.m. and a children's mini-race starts at 11:15 a.m. Other attractions include raffles, food, vendor displays and promotions, and commemorative T-shirts for sale. For more information, call 526-1862 or 526-5601.

Civilian Wellness Program — The next Civilian Wellness Program begins May 6 at the Mountain Post Wellness Center in building 1526. The program allows for three hours of duty time (with your supervisor's approval) to pursue fitness. Interested applicants are encouraged to start completing the paperwork early — at least two weeks prior to the class date. Enrollment packets are available at the wellness center. Call Sandra Ensman at 526-4264 for more information.

Armed Forces Day Celebration — The Rotary Club of Colorado Springs Interquest is sponsoring "Join-R-Forces Day," a celebration of Armed Forces Day at Memorial Park in Colorado Springs May 15, 10 a.m. to 3 p.m. The event is to honor military members and families in the community and is open to all. Colorado Springs Mayor Lionel Rivera will be present, and there will be live entertainment, an awards ceremony, demonstrations of military dog training teams, displays of military equipment, outdoor booths and concessions, local vendors and more. Come out and support this local event.

Returning Heroes Golf Classic — The Fort Carson Officers' Spouses' Club is hosting its annual golf tournament May 13 at the Fort Carson Golf Course. Sign-ups begin at 8:30 a.m. with a shotgun start at 10 a.m. The tournament is open to the public. Registration forms are available at the golf course. To make a donation or have the registration form e-mailed to you, contact Judy McLeary at 632-2574 or email mclearytj@msn.com




Army Community Service
Family Readiness Center
719-526-4590

Military spouses...stand tall, stand proud...we salute you, you are truly our unsung heroes.



Military Spouse Appreciation Day


Tuesday
May 11, 2004
10:00 a.m. - 2:00 p.m.

Armed Services YMCA - 2190 Jet Wing Dr., beside Sierra High School

FREE  **FREE**

FREE
Hair Cuts. Healthy Cooking. Massages. Fashion Show. Self Defense. Crafts and Much More!



Limited childcare available. For reservations, call (719) 622-9622.
Presented in partnership by the ASYMCA, Fort Carson Army Community Service, Peterson AFB, Schriever AFB and USAF Academy Family Support Centers.

School Information

Summer School — If you are interested in extending your child's learning opportunities, the Fountain-Fort Carson School District is once again offering summer school for kindergarten through 11th grade.

The elementary program will be offered at Aragon and Patriot Elementary Schools June 7 to July 15, Mondays to Thursdays 8 a.m. to noon. The middle school and high school program will be held at Fountain-Fort Carson High School June 7 to July 15, Mondays to Thursdays 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered as choices that will engage your child in the learning process.

Whether your child needs to review, enrichment or course credit, the programs will provide for your child's needs.

To enroll, stop by one of the above schools for the registration packet for that school's level or the administration building.

Kindergarten Registration — School District 8 will be having early kindergarten registration May 4 to 6. Please contact your neighborhood elementary school for registration times. To register, parents need to bring a birth certificate, current immunization records and all updated emergency contact information. Your child must be 5 years old by Sept. 15 in order to qualify for kindergarten.

Claims against the estate

Claims against the estate — With deepest regrets to the family of Master Sgt. Richard L. Ferguson, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer John Dowling at 524-3277.

Claims against the estate — With deepest regrets to the family of 1st Lt. Michael Adams, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Brady Adams at 526-9660.

Summer water restrictions take effect

by Susan Galentine-Ketchum

Directorate of Environmental Compliance and Management

Colorado Springs and Fort Carson resumed Stage II B water restrictions for spring and summer Thursday.

This is the third consecutive year of watering restrictions in effect due to ongoing drought conditions in the region.

Watering schedule under Stage II, Level B restrictions are:

- Odd numbered residential addresses can water Tuesday and Saturday.
- Even numbered residential addresses can water Wednesday and Sunday.
- All commercial addresses can water Monday and Friday.
- Nonpotable: Up to five times per week per zone or area.

Watering restrictions:

- Watering is only allowed between midnight and 9 a.m. or between 6 p.m. and midnight on a

customer's designated watering day. Residents can water for a maximum of three hours per day on their designated watering day.

- Watering of trees, shrubs, flowers, vegetables, gardens, etc., is allowed at any time with a hand-held hose equipped with a positive shutoff nozzle, a watering can or drip irrigation system. This does not apply to turf watering.

- Water waste is prohibited, including the pooling or flowing of water, failure to repair leaking irrigation systems or applying water intended for landscapes to streets, sidewalks, driveways, patios or decks.

- Washing vehicles, trailers, boats and equipment on Fort Carson is allowed on designated watering days at any time with a hose or with a bucket. Hoses must be equipped with a positive shutoff nozzle.

- Hose washing of sidewalks, walkways, patios, driveways, windows, buildings and parking areas is prohibited, except to eliminate conditions that pose a threat to public health or safety.

- Off-post, there are no restrictions on filling

or using pools, spas, hot tubs and kiddie pools in Stage II.

Because of the threat of West Nile Virus from mosquitoes, containers with water should be monitored carefully. Pools, spas and hot tubs that are covered to protect from mosquitoes, do not need to be emptied. Items, such as kiddie pools or any container with standing water, should be emptied weekly to control mosquito breeding sites.

Resident's can consider using the water they empty from containers to water their grass, trees and flowers to avoid wasting the water.

- On-post, there is a housing area policy of emptying pools of water daily as a safety measure to prevent accidental drowning.

Report water leaks or other system problems you may observe in the housing areas by calling Fort Carson Family Housing at 579-1605.

Problems in non-housing areas should be called in to the Directorate of Public Works Service Order Desk at 526-5345.

See Restrictions, Page 19

Chaplain's Corner

Honesty is always best policy

Commentary by
Chap. (Lt. Col.) Scottie Lloyd
Deputy Installation Chaplain

Telling the whole truth can set you free to enjoy life:

"O God, I beg two favors from you before I die: First, help me never to tell a lie. Second, give me neither poverty nor riches! Give me just enough to satisfy my needs!

For if I grow rich, I may become content without God, and if I am too poor, I may steal and thus insult God's holy name," Proverbs 30:7-9 (The Living Bible)

For all of life's complexities, I find most things boil down to a few simple truths. The Biblical writer, Agur, knew that well. Be honest and be satisfied is all he asked.

Being honest is the bedrock of integrity. There can be no falsehood where honesty lives. Honesty is not like a chameleon that changes in different settings.

"Should I tell a white lie or a gray lie," a little girl recently asked her mother. Thankfully Mom said, "Tell

no lie at all!" Yet, so many people do these days.

The most popular lie I hear is what I call "the creeping truth." It's when someone tells you part of the truth, but not all of the truth. They forget the old courtroom phrase, "the truth, the whole truth and nothing but the truth." Scandals start from this.

It begins with a minor portion of the story. Then someone discovers there's more to the tale than what was put out. The storyteller leapfrogs this embarrassing revelation with even more of the story than is now known, but still not the most damaging parts. The storyteller gambles by thinking he can get by with a partial truth, like some get by with a partial lie. Both lies end up on different sides of the same ill-gotten coin.

Total truth demands risk and risk requires faith. Faith is a gift from God. We can use it, lose it or abuse it. If you use it by directing it back to our Creator-God we have a chance to survive this life in spite of bad choices and lies. That's because God loves us

so much that he never stops trying to reach us with his truth that sets us free to be totally truthful people.

I don't have to keep looking over my shoulder. I can be honest because my life is aligned with the truth of the universe. Agur says just before the above quoted text that, "Every word of God is flawless; he is a shield to those who take refuge in him."

It's strange to give myself up to the one judge who can do me in (and rightly so). Yet, I know of his reputation of mercy for those willing to gamble on truth rather than for a cheap cover-up.

The root of all dishonesty, though, rests in not having enough. I think that's why Agur asks for being satisfied and not rich or poor. Extreme situations breed anger and contempt. Being on top or bottom of the food chain can create chaos.

My father tells a story of a fellow railroad engineer of his who frequently looked at his bankbook. Knowing his friend to be fairly well off, my father asked him why he checked his

little book so much. "Well, you never know if it's going to be enough," the older man said. My dad concludes, "My friend worked seven days a week until age 70, retired and died two months later, a very wealthy man."

What is enough? I don't know. That's why I like to trust the Lord to help me set those limits. Left alone, I'd be tempted to cheat and lie trying to forever find out. Trusting God to set me on the proper path frees me to enjoy that satisfaction of having enough.

An old man once told me, "You can make life as difficult or as simple as you want it." Personally, I choose simple. Be honest. Be satisfied. Hardcore values are for anyone who wants a decent life. And the way to get it is by trusting the God who provides it all anyway.

If it sounds easy or unreal, attend one of the local chapel services. There are a lot of satisfied people there. The truth of the matter can set you free to enjoy life. See you in chapel.

Chapel

Native American Services — The He Ska Akicita Inipi, is located on Fort Carson. All native and nonnative people, military personnel, family members, and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at (h) 382-5331, (c) 330-9537 or (e-mail) michael.dunning@carson.army.mil, or Charles Erwin at (h) 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929, for more information and directions.

Religious Education — conducted each Sunday at Soldiers' Memorial Chapel, building 1500, (next door to the PX) for Protestant and Catholic children and adults. Protestant Sunday School meets at 9:30 a.m. and Catholic Family Religious Education meets at 10:45 a.m. Everyone is welcome.

Youth of the Chapel — Activities for Protestant and Catholic Middle School and High School Youth take place each Tuesday evenings at 6:30 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible Studies on Sunday, 9:30 a.m. and Tuesday 6:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 on Sunday, Soldiers' Memorial Chapel.

Editor's note: More chapel events will appear in upcoming editions of the Mountaineer.

Chapel Schedule ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugdug/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 119:73-80 & Gal. 1-3

Saturday — Psalms 119:81-88 & Gal. 4-6

Sunday — Psalms 119:89-96 & Eph. 1-3

Monday — Psalms 119:97-104 & Eph. 4-6

Tuesday — Psalms 119:105-112 & Phil. 1-2

Wednesday — Psalms 119:113-120 & Phil. 3-4

Thursday — Psalms 119:121-128 & Col. 1-2

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the Soldiers and leaders of the 77th Reserve Support Command, located in Flushing, N.Y.

Army: For the citizen Soldiers, noncommissioned officers and officers of the United States Army Reserve. May these servants of our nation always feel the touch of God's deepest blessing upon them and their families.

State: For all Soldiers and families from the state of New York. Pray also for Gov.

George Pataki, the state legislators and municipal officials of the Empire State, especially as they continue to recover from the attacks upon the World Trade Center.

Nation: For the companies that make up the New York Stock Exchange and the National Association of Securities Dealers Automated Quotation (system) Pray that these companies would lead our nation's economic recovery and create productive jobs for our people.

Religious: For the Soldiers and families from the Churches of God. Pray also for the chaplains endorsed to military service by this community of faith.

For more information or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Annual self-help weed control program begins

by Ed Tebo

Directorate of Environmental Compliance and Management

It's that time of year when weeds thrive and become highly visible all around Fort Carson. The Directorate of Environmental Compliance and Management is responsible for the control and management of weeds. However, due to personnel and equipment constraints, DECAM must focus on high visibility and common use areas such as parade fields and entrance gates.

Army Regulation 200-5, Pest Management, requires pesticide applicators on military installations to be certified. The DECAM has developed and received Department of Defense approval for a self-help program. The program allows military members, after they receive the necessary training, to be issued a pre-mixed herbicide to treat weeds in rocky areas around their barracks, service and administrative areas and motor pools. Also available is a granular herbicide to treat weeds in the lawn areas around post facilities.

Units are not authorized to purchase herbicides with their Government Credit Card or out of their

own pocket and apply them in the areas identified above. As a federal facility, Fort Carson must follow strict regulations concerning the application of these products. In order to meet these regulatory requirements units, those who wish to participate in the Self-Help Weed Control Program must have their military members trained in the proper handling,

transport and application of herbicides. Once an individual has received the required training, the DECAM can issue them pre-mixed herbicides in sprayers or with spreaders for their use.

Training sessions run every Tuesday from 10 to 11 a.m. through the end of October at building 3711. Each unit may send up to five people for training unless pre-approved for more through the unit commander and

DECAM. Sprayers and spreaders can be picked up and returned to building 3708 Monday through Friday between the hours of 9 a.m. and noon only.

To find out more about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141.

The Fort Carson housing contractor is responsible for the application of herbicides for weed control in family housing areas. For more information on housing weed control, call the housing contractor at 579-1606.



Restrictions

From Page 16

Landscaping guidance on Fort Carson:

- New sod or seed, which requires additional water to establish, is allowed year-round in family housing areas. Residents can apply for a turf irrigation permit from Directorate of Public Works, building 305, room 125, (526-1695).

- Xeriscaping is strongly encouraged in residential landscapes, including the use of decorative rock or brick, wood chips and drought tolerant plants suitable for Colorado. Residents can apply for a xeriscape permit from DPW, building 305, room 125. Call 526-1695 for more information.

Indoor water saving tips:

- Wash only full loads of laundry or dishes.
- Take short showers instead of tub baths.
- Turn off the water flow while hand washing, soaping or shampooing.
- Turn off water while shaving or brushing teeth.
- Tour a water saver home and learn about water saving opportunities at <http://www.h2ouse.net/>.

The Directorate of Environmental Compliance and Management will inform residents of water restriction changes through e-mail, the Fort Carson cable channel and the *Mountaineer*, as appropriate.

You can also visit the Web site <http://www.csu.org/environment/conservation/watersaver/index.html> for water shortage updates and additional water conservation tips.

Protect your family from whooping cough

by Capt. Keith Palm
Preventative Medicine

Evans Army Community Hospital

Since January, more than 88 cases of pertussis, also called whooping cough, have been reported in Colorado.

What is whooping cough?

Pertussis, also known as whooping cough, is a potentially serious respiratory illness caused by bacteria. The scientific name for the bacteria is *Bordetella pertussis*. Outbreaks of pertussis were documented as early as the 1500s. The bacteria were first discovered in 1906. In the 20th century, pertussis was one of the most common childhood diseases and a major cause of childhood death in the United States.

What happens during the illness?

The disease usually occurs in three stages. In the first stage, the person will have a runny nose, sneezing, low-grade fever and a mild, occasional cough. The second stage comes one to two weeks later when coughing becomes more severe. The coughs come in long, rapid bursts that end with a “whooping” sound as the person tries to catch their breath. The coughing can be so severe that people may turn blue from lack of oxygen, vomit or become completely exhausted. The coughing attacks occur throughout the day but are more common at night. The final stage begins about two to three weeks after the second when coughing attacks become less severe and frequent over the next few months.

How is it spread?

Respiratory droplets expelled by people during coughing, sneezing or even talking usually spreads the bacteria. Transmission could also occur from contaminated items such as tissues, blankets or clothing.

How serious is it?

Major complications are most common among infants and young children that can include severe breathing problems, pneumonia, seizures, brain damage and malnutrition. Young children can die from pertussis. Thirteen children died in the United States in 2003. Most deaths occur among unvaccinated children or children too young to be vaccinated.

Who gets it?

Children who are too young to be vaccinated and those who have not completed the vaccination series are at highest risk from the illness. Pertussis is highly contagious. Up to 90 percent of susceptible household contacts develop the disease following exposure to an infected person. Adolescents and adults are at risk when immunity from the vaccine declines.

How common is it?

Pertussis is always present in the United States. Outbreaks occur every three to five years. The most recent outbreak occurred in 1996. In the United States, 5,000 to 7,000 cases are reported yearly. Before the vaccine in the 1940s, more than 200,000 cases of pertussis were reported every year. Occurrence of pertussis has increased steadily since the 1980s. There have been only five reported cases in the Army between 1998 and 2002. There were 464 cases of pertussis syndrome reported in Colorado in 2002; only six of those were in El Paso County.

How can it be prevented?

The best way to prevent pertussis is with the vaccine. The pertussis vaccine is part of the diphtheria-tetanus-pertussis vaccine, abbreviated as DTaP. The aP in the abbreviation stands for acellular pertussis. It is called acellular because only parts of the bacteria are used to generate immunity rather than the entire

bacteria. The DTaP series consists of four doses of vaccine. The first three doses are given four to eight weeks apart, beginning at six to eight weeks of age. The fourth dose is given six to 12 months after the third to maintain adequate immunity during preschool years. The DTaP can be given alone or as part of a combination vaccine such as TriHIBit or Pediarix. There is no pertussis vaccine licensed for people over 7 years of age.

Is the vaccine safe?

The original vaccine developed in the 1930s was called whole-cell pertussis vaccine. This vaccine was created from killed pertussis bacteria. This vaccine often caused pain, redness, swelling and fever. More rarely, the vaccine would cause convulsions, seizures and brain damage. Whole-cell pertussis vaccine is no longer used in the United States. The safer acellular pertussis vaccine has been used since 1991. Acellular pertussis vaccine has proven to be more effective at preventing the disease as well as causes fewer adverse reactions in the public.

What happens when there is an outbreak?

Preventive treatment with antibiotics will be given for 14 days to all close contacts of persons with pertussis, regardless of their age and vaccination status. All close contacts less than 7 years old that have not completed the immunization series will complete it as soon as possible.

Close contacts under 7 years of age who have completed the series but have not received a dose of the vaccine within three years will be given a booster dose.

If you would like to learn more about this or other vaccine preventable diseases discuss it with your health care provider or visit the Center for Disease Control National Immunization Program at www.cdc.gov/nip.

For information locally call 526-2939.

Alcohol Awareness Month ...

Drinking harms Soldiers

by Pfc. Stephen Kretsinger
Mountaineer staff

Alcohol abuse is common and, while April is dedicated to making people conscious of the issues associated with abuse, it is important to be aware that some people abuse alcohol every day of the year, said Sgt. 1st Class Jamel Gilbert, prevention specialist, Army Substance Abuse Program.

"April is Alcohol Awareness Month and a time to focus on problems that can affect anyone — young or old, rich or poor, and Soldier or civilian," said Gilbert.

Alcohol abuse affects readiness, it affects families, and it can have a very negative effect on just about every aspect of life, said Gilbert. During Alcohol Awareness Month, Fort Carson will help combat the abuse problem by partnering with representatives of Mothers Against Drunk Driving and Drive Smart Coalition of Colorado Springs. ASAP, MADD, and Drive Smart will set up information booths at various locations on post to assess responsible decision-making and provide information that will deter alcohol abuse.

ASAP will be at the commissary lobby April 30 from 10 a.m. to 2 p.m. to perform alcohol screenings for the Mountain Post community, including active duty military, National Guard, Reserve, civilian employees, retired personnel and all family members.

Alcohol is the oldest and most widely used drug in the world, according to the American Council for Drug Education. Nearly half of all Americans over the age of 12 are consumers of alcohol. Although most drink only occasionally or moderately, there are an estimated 10 to 15 million alcoholics or problem drinkers in the United States,

with more than 100,000 deaths each year attributed to alcohol. Among the nation's alcoholics and problem drinkers are as many as 4.5 million adolescents, and adolescents are disproportionately involved in alcohol-related automobile accidents, the leading cause of death among Americans 15 to 24 years old.

"Alcohol is a large problem for military personnel because it's legal," said Virgil N. Tafoya, alcohol and drug control officer, ASAP.

"A lot of people use it as self-medication," said Tafoya. "A lot of people use it to forget. As with anything, it is open to abuse. It's a significantly bigger problem than drug use on this post, because it does have some legality to it."

With the recent redeployments, alcohol abuse is a concern for ASAP and post command because of people tendencies to use it for self-medication, said Tafoya.

"We are concerned at this time with all our Soldiers coming back and what could happen to them," said Tafoya. "Not only do they usually come back finely tuned, from the heat of the desert, slimmed down, but they probably have not been drinking, since they've been in a Muslim country. We are concerned with some of the problems they may have trying to self-medicate for some of the things they saw."

"There are significant case studies for post-traumatic stress disorder where military members came back and self-medicated with drugs or alcohol," said Tafoya. "This is something that is a major concern for our organization at this time. We are trying to observe that and watch it."

"We will be conducting a survey, a unit risk inventory, sometime with the next 90 days for all the units that have returned," said Tafoya.

The survey will ask many question such as if the Soldiers are drinking, how much and how often. It will also ask when they drink and other questions that will try to determine if Soldiers are attempting to use alcohol to self-medicate or not, said Tafoya.

Alcohol abuse affects everyone, said Tafoya. It doesn't matter if people drink or not, they can still be harmed by alcohol abuse.

"Alcohol is as dangerous as the individual using it or not using it," said Tafoya. "It's dangerous to people who don't use alcohol, because those people who do use it can injure people that don't. That's the reason the Mothers Against Drunk Drivers, Students Against Drunk Drivers and any number of other organizations are concerned about the use of alcohol."

Drunk driving is not the only way alcohol abuse can affect others. It can affect the innocent as well, said Tafoya.

"If you have a family and you're drinking, it affects every single one of those kids," said Tafoya. "They're seeing and may pick up that behavior. They may be affected if something happens to you. If you die, it affects them. If you run into a vehicle, it affects them."

"It affects me and I don't drink," said Tafoya. "I

have to watch out for those people on the street who do drink and drive."

Alcohol can affect a Soldier's military career in ways that may not even occur to the individual, said Tafoya.

According to Army Regulation 600-85, which covers ASAP, Military personnel on duty will not have a blood alcohol level equal to or greater than .05 grams of alcohol per 100 milliliters of blood. Any violation of this provision provides a basis for disciplinary action under the Unified Code of Military Justice and a basis for administrative action, to include the characterization of service at separation.

"Remember that Soldiers are on 24-hour duty,"

said Tafoya. "If you're called back for any kind of action ... one drink will put you very close to that .05 requirement that would make you out of line for duty."

Drinking and driving standards are starting to move in a stricter direction.

"The state of Colorado is trying to reduce its legal driving requirement to .08," said Tafoya. "It's currently .1, but the federal government wants all the states to come in to line with

.08. We do know that it doesn't matter — one drink can affect an individual."

The gate guards will be getting tougher with gate checks during the 101 days of summer to crack down on drunk driving, said Tafoya.

There are always alternatives to driving drunk and Fort Carson is working on bringing back an older program to assist Soldiers who like to have a few drinks on the weekends.

The installation Better Opportunities for Single Soldiers program is bringing back a designated driver program now that Soldiers are returning from deployment, said Tafoya. ASAP is working to supply BOSS with rewards to give those who volunteer to be designated drivers for other Soldiers who are out on the town.

There is help for people who believe they have a drinking problem and the first step is admitting the problem exists. The only person who can help an alcoholic is the alcoholic himself, said Tafoya.

"Probably one of the biggest things we have to deal with is once they're addicted, is trying to help somebody get away from that," said Tafoya.

"Alcoholics Anonymous and all of its little cousins are there to assist the alcoholics assist themselves. (Alcoholics) have to make a conscious, concerted effort to stop drinking and recognize that they are alcoholics for life. People that drink excessively and tell you that they are not are in denial."

Alcoholics Anonymous holds sessions at Evans Army Community Hospital. For information on the Alcoholics Anonymous schedule, call the ASPA Clinic at 526-2862.

If you are seeking more information on Alcohol Awareness Month or suspect you may have a drinking problem, please contact Russell Jordan at 526-9191, Sgt. 1st Class Jamel Gilbert at 524-4349 or Ernestine Richardson at 526-0401.



Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late to work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hang-over after drinking?

If you suspect you have a drinking problem, please contact Russell Jordan at 526-9191, Sgt. 1st Class Jamel Gilbert at 524-4349 or Ernestine Richardson at 526-0401.

Mountainside celebrates troops' return with spaghetti

by **Spc. Zach Mott**
Mountaineer staff

About 400 students and parents from Mountainside Elementary School gathered for a welcome home spaghetti dinner at the school April 6.

"We've wanted to have a spaghetti dinner just to bring the families into our school, especially this year, we wanted to make it a welcome home," said Lynne Zupans, the Mountainside Elementary School principal.

This is the second consecutive year that Mountainside hosted a spaghetti dinner. Last

year's event served as an opportunity for the remaining family members to gather after the wave of deployments that saw Soldiers from the Mountain Post leave to support Operation Iraqi Freedom.

"This year, the turnout was much bigger," Zupans said. "There was a lot of joy and happiness. A lot of kids were hanging onto their parents and they wouldn't let them go. It was just beautiful."

The two days of preparation by the school staff amounted to practically mountains of spaghetti. The staff

began preparing the sauce April 5 and used four pots to cook spaghetti nonstop for three hours prior to the event.

But, Zupans said next year's dinner is already in the planning stages.

"We're hoping to add meatballs next year," she said.

There were several parents, staff and community members who were instrumental to ensuring the spaghetti dinner was a success, Zupans said.

"Without everyone's help, none of this would have happened," she said.



Courtesy photo

A Soldier who recently returned from Iraq enjoys the spaghetti dinner at Mountainside Elementary School.

'Eggsperience'

Hatching New Ideas Egg Hunt
and Information Fair a success



Trevor Cureton, 4, searches for his special egg during the egg hunt.



Six-month old Dominick Pena proves you can't be too young to enjoy an Easter egg.



**Story and photos by
Spec. Jon Wiley
Mountaineer staff**
Falling snow didn't keep the Easter Bunny away from Fort Carson's "Hatching New Ideas" Egg Hunt and Information Fair Saturday.

Hundreds of people from the Mountain Post community trekked through muddy, icy parking lots to pack into the Youth Services Building to see the furry dispenser of brightly-colored eggs and to sample the other attractions the event offered.

Once inside, children of all ages hunted for plastic

eggs that were then exchanged for candy. Rather than scrambling for as many eggs as could be found, each child was given a card that described one special egg that he or she looked for.

While waiting for the egg hunts to begin, some event-goers watched a local magician and his clown sidekick put on a show. Others visited a petting zoo that was set up in the center's gyms by representatives from the Cheyenne Mountain Zoo and local farm and ranch owners. An iguana, a snake, ducks,

bunnies and pink, blue, orange and red "Easter" chicks were all on hand for children to pet and look at.

Instructors from the pro-shop at the Fort Carson Golf Course also set up a booth where they gave children some pointers on their golf swings. Other attractions included an inflatable jumping castle and tables where children could get their faces painted.

The fair is an annual event hosted by Fort Carson's Directorate of Community Activities.



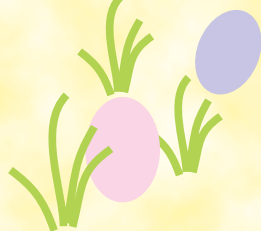
Twenty-one month old Dallas Wesselink gets friendly with a Muscovy duck at the fair's petting zoo.



Xavier Landers, 4, pets an "Easter" chick at the fair.



Angela Vanston paints 6-year-old Katia Tilman's face.





Out & About

Apr. 16 - 23, 2004

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com

NATIONAL LIBRARY WEEK

visit grant post library **april 19 - 23** and help celebrate **National Library Week**. there will be cookies at lunchtime each day and an opportunity to enter a drawing for gift certificates at a local bookstore.

get a life...get a library card!



Gospel Concert

IN CELEBRATION OF THE MILITARY

featuring Choirs from the Colorado Community

APRIL 24, 2004

FORT CARSON
McMAHON THEATRE
4:00 PM - 7:00 PM

FREE SHOW

MORE INFORMATION, CALL:
DCA COMMUNITY EVENTS
526-4494



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BIKE RALLY

race & rally

IRON HORSE PARK
MAY 1, 2004 - SATURDAY

All Fort Carson Active Military, Retirees & Civilians Welcome!

Registration starts at **8:00 am**
Adult Race (18 years and older) 6K at **10:00 am**
Family Members & Friends Leisure Ride 6K at **10:30 am**
Childrens Mini-Race at **11:15 am**
all participants are required to fill-out a Hold Harmless agreement to participate

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Fishing Derby



Presented by DECAM
and the Fort Carson Directorate of Community Activities
Recreation Division

Youth, 8 May 2004

Adult, 25 Sept 2004

at Womack Res.

Open to All Eligible Users.
Ages 1 - 16 Must be Accompanied by and Adult.

Derby: 9am - Noon

Lunch: Noon - 1 pm

Awards Ceremony: 1 pm - Grand prize for longest fish

Grand Prize for Youth: \$100.00

Grand Prize for Adult: \$500.00

Entry Fee for Youth:

\$5 pre-registration,

\$7 day of derby

Entry Fee for Adult:

\$15 pre-registration,

\$20 day of derby

Registration Form on Back.

Day of Derby Registration 7 - 8:30 am

To Register, contact ITR at 526-2151, Bldg 2429

For More Information and Registration,
Please Call 719-526-2151 or 524-1388.
Or visit our website at www.ftcarsonmwr.com



Sat, May 8
1000 to 1400
at
Iron Horse
Park

For Information,
please call 526-2151



by Nel Lampe
Mountaineer staff

aturday is a good time to visit Denver's Six Flags Elitch Gardens when it's open only to Colorado and Wyoming military members and their families during "Join

Forces." The park is open Saturday from noon to 6 p.m. to the military community who have pre-purchased tickets. Tickets are available at Information, Tickets and Registration on post, or at Information, Tickets and Tours offices at area Air Force Bases. Tickets cost \$17 each, and entitle ticketholders to a free meal. The meal includes a barbecue pork sandwich or hot dog, chips and a soft drink.

This is the third year the amusement park has scheduled a military day.

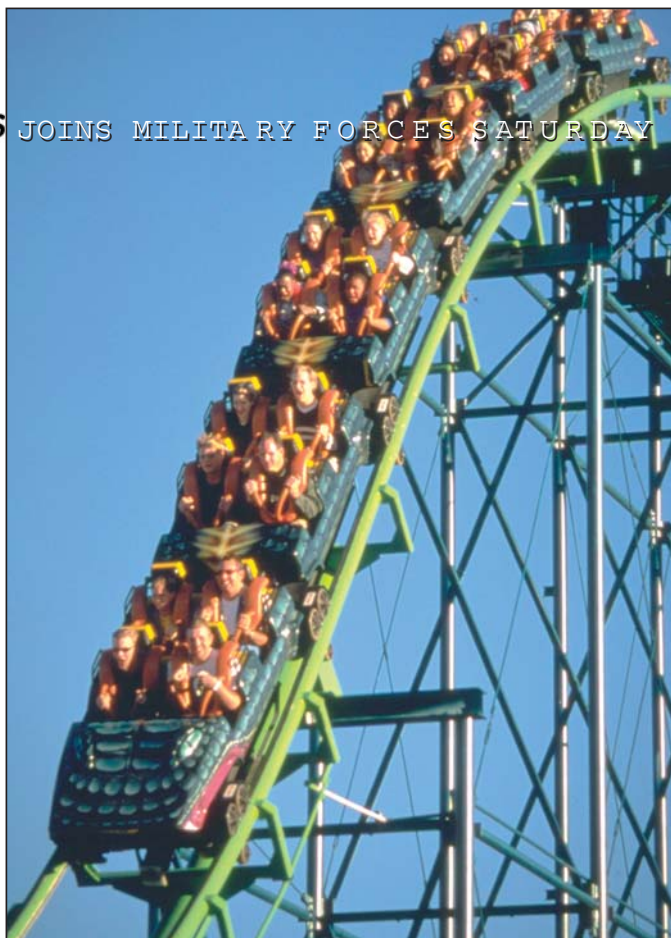
The park is not yet open to the public. The only people in the park Saturday will be connected to the military.

Tara Tongco, Six Flags Elitch Gardens spokeswoman said Joining Forces provides military members a chance to see the park before it's open to the public for the season and allows the park to honor "these heroes."

Six Flags Elitch Gardens opens to the public April 24 on weekends. The park is set to open on a daily basis beginning May 22, when the Water Park opens.

The Denver amusement park, known as Elitch Gardens, had its beginnings when John and Mary Elitch opened a picnic area and baseball field adjacent to their apple orchard more than 100 years ago. The 38th Avenue location quickly became popular with local residents. The Elitch family kept adding rides, amusements and attractions until it was a full-blown amusement park. One of the country's early hand-carved wooden carousels was at Elitch park. A theater for live stage

JOINS MILITARY FORCES SATURDAY



Riders enjoy one of Six Flags Elitch Gardens' coasters, the Sidewinder.

Photo courtesy Six Flags

productions was added. Later additions were the Tocadoero Ballroom which featured famous swing bands and a wooden roller coaster. Elitch Gardens was resplendent with trees and flowers; several huge picnic pavilions accommodated visitors.

But change came to Elitch Gardens. The decision was made to move the amusement park to the downtown Denver area. The park was closed; the rides were moved to the new location near Interstate 25 and Speer Boulevard.

Millions of dollars later, the park reopened in May 1995 and was later

acquired by Premier Parks, Inc. and became a Six Flags Park in 1999.

There are more than three dozen Six Flags amusement parks in the United States. The original location near Dallas, was started in 1961 by Texas oilman Angus Wynne. He chose the name and theme based on the cultures of the six countries whose flags flew over Texas during its history. The Denver park retained the historic name and is officially known as Six Flags Elitch Gardens.

Since its relocation, millions of dollars in rides and improvements have been added to the park.

People who like roller coasters will like the choices at Six Flags Elitch Gardens: there are several coasters.

The Mind Eraser, a world-class monster coaster which suspends riders, soars 10-stories skyward, goes at speeds in excess of 60 miles per hour and plummets.

The Flying Coaster — a one-of-a-kind ride at the time of installation — has seven gondolas which launch at different times. The ride takes 70 seconds. It twists, turns spirals and swoops.

Traditionalist enjoy the 60s' era wooden coaster, Twister II.



Photo courtesy Six Flags

The Mind Eraser suspends riders, sometimes upside down, at 60 mph.

See Six Flags, Page 32

Happy openings



Places to see in the Pikes Peak area.

April 16, 2004

Six Flags

From Page 31

It was dismantled and moved, piece by piece, from the old Elitch Gardens to the new park after 40 years of use. Its top speed is 55 mph and is 100 feet high at its highest point. The track's length track is 4,764 feet.

The Boomerang is another steel-track coaster which takes riders through loops and inversions, and then does it to them again — this time riders take the loops backward — at 50 mph.

Need still another roller coaster ride? Try splintering through the Sidewinder, a steel roller coaster that goes forward, then backward, through a giant loop, then repeats it in reverse.

The newest ride in the park is the one-of-a-kind half-pipe. Eight passengers ride on each of two gigantic skate- or snow-board-like platforms, taking 360 degree turns up the 10-story high halfpipe. The halfpipe should open in May.

Other adventurous rides include the Turbobungy, which is a cross between a bungee jump and a trampoline. Riders must be between 40 and 200 pounds and pay an extra \$7 for the two-and-a-half minute ride. There's the Turn of the Century swing ride; the Tower of Doom's riders free-fall 22 stories, plummeting toward the ground at 60 mph.

A 100-foot Ferris wheel, called the Big Wheel, gives riders an amazing view of Denver from the top. There's the Turn of the Century ride, the Sea Dragon, Rainbow and Spider.

The Chaos tilts, whirls and turns in random action, making each ride different.

But there are also rides for the younger set and visitors who want a tamer ride, such as the traditional teacups, Tilt-A-Whirl and other rides.

StarToon Studios is a playland in a cartoon studio setting with more than a dozen rides for the people who are under 48 inches tall.

Batman takes on his enemies in the "Batman Forever Thrill Spectacular" in a 20-minute production of good versus evil, filled with stunts, high-speed chases and explosions.

The park's Trocadero Theatre has a 25-minute revue called "Broadway Rhythm," in

which dancers and singer perform.

Six Flags Elitch Gardens is really two parks in one when the water park is open. In addition to the rides and coasters, a water park, called Island Kingdom Water Park, opens May 22. One ticket covers both parks.

More than 850,000 gallons of water are in the water park, which has a Caribbean Island look. There are lots of tropical plants, lounge chairs and blue lagoons. There are twisting or turning waterslides, crashing waves and meandering rivers. Commotion Ocean is a 28,000 square-foot wave pool. Guests on giant tubes meander down Lazy River. Swiss Family Toboggan includes giant rafts and a snaking water course.

Rental tubes are needed for many rides in the water park. To avoid multi rental fees, plan your visit in the water park to include all the rides you're interested in. Many people visit the amusement park first, heading for the water park when they get hot.

To avoid carrying around your swimming gear and towels, rent one of the lockers available at Tennyson Street Emporium, Island Kingdom Water Park, Disaster Canyon and the Boardwalk.

If you've forgotten sun screen or sun glasses, they're in stock at the Big Kahuna Surf Shop.

Some of the water park's attractions include Hook's Lagoon, a multi-storied interactive water play structure with 75 features. Shipwreck Falls takes people up a 180-foot incline, followed by a plunge over a 50-foot waterfall into a tidal wave.

When hunger strikes, Six Flags Elitch Gardens has a plethora of food choices: burgers, fries, sandwiches, pizza, hot dogs, barbecue, nachos and pretzels can be found. There's ice cream, funnel cakes and cotton candy.

Remember, visitors to the Join Forces Day are entitled to a free meal.

Visitors may not bring food into the park, but are free to enjoy picnic lunches at tables outside the main gate or in the parking lot. Visitors may get their hands stamped for re-entry.

Six Flags Elitch Gardens opens April 24, Saturdays and Sundays only. It opens daily beginning May 18. The water park opens May 22. Hours for the water park are 11 a.m. to 6 p.m., it



Photo courtesy Six Flags.

Six Flags Elitch Gardens' newest ride is the Halfpipe. Eight riders in two cars face outward as the 'board traverses the 10-story halfpipe.



Photo courtesy Six Flags

Six Flags also has rides and attractions for the younger set, such as Looney Tunes attractions.

is open daily.

Admission for Saturday's Join Forces event is a \$17 ticket, purchased in advance at the ITR office on Fort Carson or ITT offices at local Air Force Bases.

Regular admission to Six Flags Elitch Gardens is \$36.99 for anyone 48 inches tall or taller. The ticket entitles visitors to all amusement rides and water rides (when the water park opens), except those requiring an additional charge, such as the Turbobungy.

Guests under 48 inches are charged \$20.99 and children under 3 are admitted free. The fee for the parking lot is \$8.

The post ITR office, located in the Outdoor Recreation Center, 2429 Specker Avenue, should have discounted tickets available once the park opens for the season; call 526-8325.

Season passes are also available. Contact Six Flags. For information, call (303) 595-4386 or go online at SixFlags.com.

To reach Six Flags Elitch Gardens, take Interstate 25 north to Denver, taking Exit 212A.



Photo courtesy Six Flags

Twister II is a wooden rollercoaster from the 1960s.



Mountaineer file photo

A rare hand-carved carousel is at Six Flags Elitch Gardens.

Just the Facts

- **Travel time** one hour
- **For ages** families
- **Type** amusement park
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$\$
 \$ = Less than \$20
 \$\$ = \$21 to \$40
 \$\$\$ = \$41 to \$60
 \$\$\$\$ = \$61 to \$80
 (Based on a family of four)

GO! Get Out!

Sesame Street

Sesame Street Live is at the Pikes Peak Center April 30 through May 2. Tickets begin at \$12. There are some daytime performances. Call the box office at 520-SHOW or Ticketmaster, 520-9090. For more information, go online at www.sesamestreetlive.com.

Musicals

"Miss Saigon," is next in the Broadway series in the Pikes Peak Center May 13 to 16. Tickets start at \$34, call 520-SHOW or 520-9090.

Family Festival Day

Kennedy Center Imagination Celebration presents "Peter and the Wolf" at the Pikes Peak Center, Sunday at 2:30 p.m. The event is free.

Big Bear Day

Bear Creek Nature Center presents "Big Bear Day," April 24, from 9 a.m. to 1 p.m. Visitors enjoy interactive presentations about bears and hike the Bear Trail. Children participate in crafts, face-painting and stories. Cost is \$3 per person. The Bear Creek Nature Center is near 21st Street; call 520-6387.

Pioneers Museum exhibit

The Colorado Springs Pioneers Museum opens an exhibit of 25 Paisley and Kashmir shawls used as clothing and decorations in the

late 19th century. The museum, at 215 S. Tejon St., is free and open Tuesday through Saturday, 10 a.m. to 5 p.m.

Museum Discovery Days

The Fine Arts Center hosts a family program, **Museum Discovery Days**, Saturdays at 10 a.m., 11 a.m. and noon; the program is recommended for children ages 6 to 10, but all ages are welcome. The program is included in regular admission of \$5 for adults and \$2 for children ages 6 to 16 and free for children under 6. The center is open Saturdays, 9 a.m. to 5 p.m.

Travel films

The World Horizons Travel Film Series in the Fine Arts Center theater is "Maltese Welcome," Sunday and Monday. The film is at 2 p.m. and \$8 tickets are available at the door.

Royal Gorge Route Railroad

Ride the historic, scenic railroad through the Royal Gorge during April for half-price. Military members and their families and El Paso County residents show ID and ride for \$13.50 for adults and \$8.50 for children under 12. The train leaves at 12:30 p.m. Saturdays and Sundays. Reservations are suggested; call (888) Rails-4-U.

Calling Cary Grant fans

The Colorado Springs Fine Arts Center hosts a film festival featuring Cary Grant films and a lecture. April 23 at 7:30 p.m., "North by Northwest" is shown. April 24 at 6 p.m. Nancy Nelson will present a lecture, "The

Cary Grant Few People Knew." Showing of "The Philadelphia Story" follows at 8 p.m. April 25, "Bringing up Baby" is shown at 10 a.m., and "Notorious" is at 1 p.m. The center's Bistro is open before each event. Film admission is \$7; the lecture is \$20.

New exhibit at museum

The Denver Museum of Nature and Science features a special exhibit, "Machu Picchu: Unveiling the Mystery of the Incas." Machu Picchu was uninhabited for almost 400 years until it was discovered in 1911. The exhibit includes dioramas from the ruin, Inca art and an archaeological dig. There is no special admission price for this exhibit, which will be in the museum through May 9. The Denver Museum of Nature and Science is in Denver's City Park, at 2001 Colorado Boulevard.

Cirque in Denver

Cirque Du Soleil's "Varekai," the newest production, opens June 3 at the Pepsi Center. Tickets start at \$38.50; call (800) 678-5440, Ticketmaster at 520-9090 or go online at www.cirquedusoleil.com for a schedule.

Starsmore Discovery Center

The Starsmore Discovery Center at North Cheyenne Canon Park is open for the season, 9 a.m. to 4:30 p.m. Wednesdays through Fridays, and 9 a.m. to 5 p.m. Saturdays. Sunday hours are 11 a.m. to 5 p.m. Starsmore is a visitor and nature center with interactive activities and trails. The phone number is 578-6146.



Rock Ledge Ranch ...

Rock Ledge Ranch Historic Site is open Saturday with free admission. In honor of Earth Day, the ranch is open 10 a.m. to 2 p.m., with a ceremony at noon. The apple orchard at the ranch will be replanted. Visitors can observe life as it was in the Pikes Peak area from the early 1800s to the early 1900s, as demonstrated by role-playing volunteers and employees. Rock Ledge Ranch is at the entrance to Garden of the Gods off 30th Street.



Program Schedule for Fort Carson cable Channel 10, today to April 23.

Army Newswatch: stories on suicide intervention, stories from Iraq and a closer look at the Provost Marshal General (repeat).
Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the expeditionary strike group, the HSV-2 Swift and how mines are cleared from the air and sea. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on the Air Combat Command, North Bay Station in Canada and the continuing role of the Air Force in the Middle East (repeat). Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly,

airs at 9 a.m. and 5:30 p.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Training Support Team at 526-5111.

For additions to the Community Calendar, please submit an e-mail to the above address.

Send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

Fur, feathers and fins

Three post reservoirs teeming with fish

by Chris Zimmerman

Fort Carson Wildlife Office

Springtime is almost here and the stocking of Fort Carson's reservoirs will begin soon.

Because of the drought, there are currently only three lakes (reservoirs) available with sufficient water to sustain the fisheries, but all three lakes are healthy and teeming with fish.

Townsend is the largest reservoir that currently has water. It is spring fed, covers 10 surface acres and is about 42 feet deep at the dam.

Haymes and Womack Reservoirs are smaller, average about 13 feet deep and are fed by runoff from the south face of Cheyenne Mountain. The lakes are southwest of Butts Army Airfield adjacent to Route 4.

Except when supporting military training activities, all reservoirs are open to the public so you don't need a range pass to fish there, but you do need a fishing license.

The reservoirs are restocked monthly during the season, March through September. An average of about 1,750 pounds of rainbow trout are stocked into the three lakes each month.

Usually during April, the U.S. Fish and Wildlife Service delivers brood stock from a hatchery in Montana. These are older fish, and most average between two and five pounds, but some fish stocked last year tipped the scales at almost eight pounds.

In addition to the trout, the lakes have a self-sustaining population of catfish, carp, bass, crappie and bluegill. In 2003, the largest catfish caught weighed in at 30 pounds.

Fort Carson also has crawdads. There are lots of crawdads in Townsend Reservoir, usually on the west end of the lake in the shallows. These aren't the typical muddy-tasting, garbage-eating crayfish. These crustaceans are feeding off the gravel bottom of a spring-fed Colorado lake. Cook some corn on the cob, a few small red potatoes, heat a big pot of salted boiling water and your crawdads are all you need to prepare a feast fit for a king.

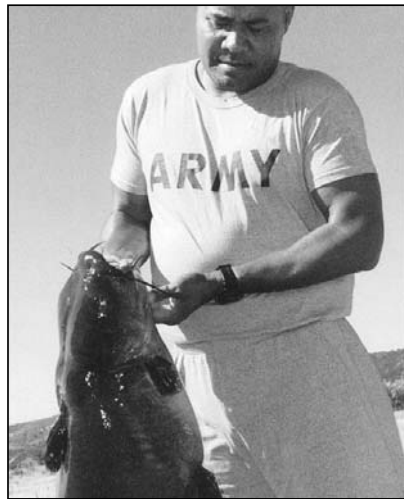
Keep in mind, to fish (including crayfish) on Fort Carson, you must have a Colorado state fishing license and an installation permit obtained from the Outdoor Recreation Center. Ask for a map showing the lakes' location.

The money collected from permit sales stays at Fort Carson, and is used to improve wildlife habitat and to help defray the cost of stocking fish.

The daily bag limits set by the Colorado Division of Wildlife also apply on Fort Carson. Bass fishing at any of the lakes is catch-and-release only. Using minnows as bait and transferring fish between reservoirs is prohibited.

To maintain the reservoirs' condition, only hand- or electric-powered boats are allowed.

For more information on hunting and fishing opportunities at Fort Carson, please visit our Web site at <http://mountain-prairie.fws.gov/gmu591>.



Courtesy photo

A soldier catches a fish on eight-pound test line at Townsend Reservoir. The fish weighed 31 pounds and was 36 inches long.

Sports & Leisure

Intramural soccer

Small unit looks to win like the big teams



Photos by Walt Johnson

Players surround the ball as they practice defensive techniques Monday at the Mountain Post Sports Complex.



Joshua Jordan, left, gets advice from Levi Sutton, head coach, during Monday's practice session.

by Walt Johnson
Mountaineer staff

Life is sometimes unfair for individuals and teams. Such is the case for the Headquarters, Headquarters Company, 43rd Area Support Group's soccer team.

The group is a company team that is currently playing in a league with battalion-level teams. This is part of the reason for the team's 0-3 start. If the team turns its season around from this point, it will be because of hard work by the players and the leadership of its head coach Levi Sutton.

Monday at the Mountain Post Sports Complex, the team took part in a practice session since all the games were postponed due to the recent rain and snow in the area. Sutton, who loves the game of soccer but can't play at this time because he is recovering from an injury, masterfully guided the practice session.

The players were getting in their running and exercising and Sutton was doing his best to teach the game to players who were more than eager to learn.

"The players want to learn how to play the game because of the love players have for soccer. Soccer is

such a great game because of the way it flows. It's a very poetic game, and the great thing about it is anyone can play the game," Sutton said.

Sutton said his team is at a disadvantage because it is a company-level team trying to play against battalion-level squads. He also pointed out his team is still trying to get into peak soccer playing condition. Even those things aren't stopping his team from trying to get better matched up to the "big" boys.

"Initially, we didn't really play together very well. Lately, we've taken some great strides as a team. We've gone from being a team that played more like individuals to a team that plays like it understands it will take a team concept to win. So far, teams have been beating us by playing good team ball and running circles around us with their talent and ability.

"We're in great shape for the Army's physical conditioning requirements, but we are just getting to the point where we are in soccer condition. It's different running the drills we run in our conditioning program as opposed to the 35-meter wind sprints required for soccer," Sutton said.



Juan Abreu looks to make a move during Monday's practice session at the Mountain Post Sports Complex.

On the Bench

Sky Sox open 2004 home schedule tonight in Colorado Springs

by Walt Johnson
Mountaineer staff

For all the Soldiers who are returning or have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

Baseball fans, the Sky Sox home opener will be played today at Sky Sox Stadium in Colorado Springs.

The Sky Sox will host the Nashville Sounds beginning at 6 p.m. Also this year, each Monday will be military night with special discounts for active duty, retired, reserves and Department of Defense employees and their families.

The Sky Sox have scheduled June 14 for the annual Fort Carson appreciation night when the team will host the Oklahoma Redhawks.

For information on the Sky Sox, visit www.skysox.com.

There will be a meeting for all units interested in playing softball this year at the Special Events Center May 5 at 1 p.m.

For more information on intramural activities, contact Lamont Spencer or Joe Lujan at 526-6630.

The post men's varsity softball team, the Aces, will take the field for the first

time this season Saturday at the Mountain Post Sports Complex.

The post team will play 16 tournaments this year with six of those being played on post. Tournament dates that will be played on post will be: May 8 and 15; June 12; July 10, 24 and 31; Aug. 21 and Sept. 11.

The little guys are ready to take the field again as the post youth center will kick off its soccer season Saturday at Pershing Field on post.

At press time, there were 29 teams and more than 350 children signed up to take part in this year's soccer season. The games will begin at 9 a.m. Saturday and run until 2 p.m.

Registration is currently under way for the post youth baseball program.

The baseball season is scheduled to begin May 23 at the youth center baseball field. To register your child for the baseball season, call the youth center sports office at 526-1233.

Ladies, if you have been wanting to learn how to play golf, the post golf course has a deal for you.

Beginning Monday, the golf course will host a women's golf clinic from 5:30 to



Photo by Walt Johnson

New Sky Sox ...

Colorado Springs Sky Sox infielder Eric Almonte, right, talks to a member of the local media during media day at Sky Sox Stadium April 6. The Sky Sox open their home season tonight at Sky Sox Stadium in Colorado Springs at 6 p.m.



Photo by Walt Johnson

"Yeah, I'm bad" ...

Jason Gaulke, left, warms up with Lavell Sims, assistant boxing coach, as they prepare to participate in the boxing training camp for fighters participating in the Kit Carson Days boxing activities. Boxing lessons are open to anyone who wants to box during the festival and are at Waller Physical Fitness Center Monday through Friday from 6 to 8 p.m.

Bench

From Page 40

6:30 p.m. The clinic is designed for beginner, intermediate and advanced players. The cost for the clinic is \$15 per session, with \$5 being given back in prizes. The clinic will be held from Monday through Friday, but players only need to go to the sessions they feel they need. For more information on the clinic, call 526-4102.

The post indoor swimming pool will remain open until May 13.

The indoor pool features many activities such as family night each Thursday from 6 to 8 p.m. for only \$4 per family. People can also take advantage of the water aerobics program that runs year-round at the indoor and outdoor pools. The water aerobics classes are held each Tuesday and Thursday from 5 to 6 p.m. The cost for the class is \$1.50. The outdoor pool

will be open May 28 through Sept. 6. The hours of operation will be from 10 a.m. to 5:45 p.m.

Additionally, summer swim lessons will begin June 7 at the outdoor pool. The first session will be held from June 7 through 28. The registration dates for the summer swim classes are May 24 through 28 from 8 a.m. to 5 p.m. For more information, call 526-3122.

The 2004 National Physique Committee's Southern Colorado Natural and Armed Forces bodybuilding/fitness championships will be held Saturday.

The competition will be held at Doherty High School, 4515 Barnes Road in Colorado Springs. The guest poser for the event Will Owens, a captain in the Air Force assigned to Schreiver Air Force Base. Prejudging will begin at 10 a.m. with the finals set for 6 p.m. Tickets for the event are \$10 for prejudging and \$15, \$20 and \$25 for the finals.

Fitness Feature

Group exercise session ...

Oliver Keith, front left, second row left to right, Charles Nelson, Chad Crawford and Antonio Howard join, third row left to right, Zulyn Deharty, Shawn Wood and Oneil Erdsdale for a group workout session at Forrest Fitness Center recently. The soldiers said they get together three times a week to work out together and stay in top shape while nurturing their friendships.

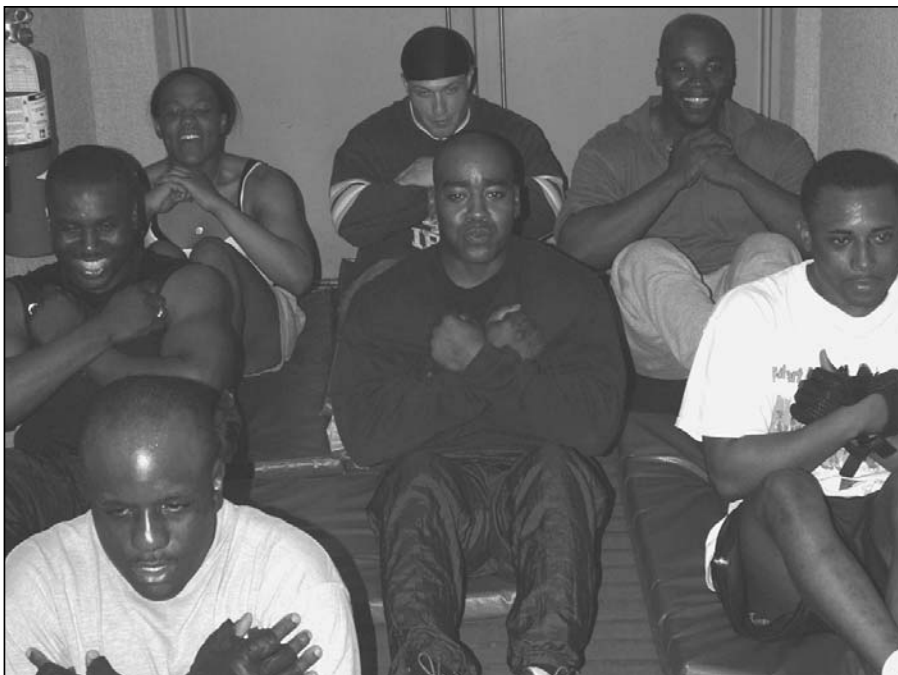


Photo by Walt Johnson

Mountaineer Varsity Sports



Photo by Walt Johnson

Varsity softball tournament

Saturday ...

Zack Grattan, a member of the Fort Carson Aces, the post varsity softball team, and his teammates will be in action Saturday when it hosts the Independent Softball Association benefit softball tournament at the Mountain Post Sports Complex. One of the local charities benefiting from the tournament will be the Army Emergency Relief Fund. Admission is free for spectators. Deadline to submit a team is 5 p.m. today. Call Bryan Rushing at 524-4515 for further information.